



**Martin J. Chávez, Mayor**

Mayor Martin J. Chávez  
Invites You & Your Family To:  
The 2009 Spring Into Health  
Employee Health & Wellness Fair  
Focused on Heart Health & Good Nutrition  
Friday, March 20, 2009  
9 AM to 4 PM  
Albuquerque Convention Center  
East Complex Ground Floor Brazos Room

The Insurance and Benefits Division of the Human Resources Department is partnering with local health resources to give you an opportunity as City employees to find out what you can do to decrease your risk for heart disease and ensure that you and your family are eating well.

- Free Health Screenings
- Heart Disease Education
- Information on Good Nutrition
- Physical Activity Zones
- Great Giveaways and Door Prizes
- Grand Prize: Nintendo Wii
- Wellness Information Focused on Keeping You and Your Family Healthy
- Free Chair Massages

Over 50 exhibitors will be available to offer valuable information and professional resources to help put you on the right track to a Healthy Spring Season.

## Employee Family Members are Welcome and Encouraged to Attend

**Employees will be allowed two hours to attend the health fair. Supervisors please ensure adequate staffing while your employees attend the fair.**

### **PARKING VOUCHER**

**ACTIVITY:** Spring Into Health Employee Health & Wellness Fair  
Albuquerque Convention Center - East Complex, Brazos Room  
**DATE:** Friday, March 20, 2009  
**HOURS:** 9:00 a.m. to 4:00 p.m. (only)  
**LOCATION:** Convention Center East Parking Structure Only

This voucher is valid only during the date and time listed above and only for the Convention Center Parking Lot Structure (east of the Convention Center). Parking fees for other city owned parking lots will not be validated for this event. You must present this voucher to obtain free parking.